



Excessive Heat Events Guidebook in Brief

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Quick Tips for Responding to Excessive Heat Events

For the Public

Do

- ▶ Use air conditioners or spend time in air-conditioned locations such as malls and libraries
- ▶ Use portable electric fans to exhaust hot air from rooms or draw in cooler air
- ▶ Take a cool bath or shower
- ▶ Minimize direct exposure to the sun
- ▶ Stay hydrated – regularly drink water or other nonalcoholic fluids
- ▶ Eat light, cool, easy-to-digest foods such as fruit or salads
- ▶ Wear loose fitting, light-colored clothes
- ▶ Check on older, sick, or frail people who may need help responding to the heat
- ▶ Know the symptoms of excessive heat exposure and the appropriate responses.

Don't

- ▶ Direct the flow of portable electric fans toward yourself when room temperature is hotter than 90°F
- ▶ Leave children and pets alone in cars for any amount of time
- ▶ Drink alcohol to try to stay cool
- ▶ Eat heavy, hot, or hard-to-digest foods
- ▶ Wear heavy, dark clothing.

For more information, visit: <http://www.epa.gov/heatisland/about/healthenv.html>



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